

The Newsletter Team

The Gawler Country Music Club Newsletter Team is now up and running and achieving great results.



The excellent teamwork had our January newsletter Stapled, Folded, Labelled and Stacked in less than 1 Hour.

Thanks to **Kathy Armstrong, Sandra & Kevin Keepence, Janette Tripodi and Tina Chapman** for helping with the January Newsletter Mail-out.

Tiger Terry was off gallivanting around Australia. I'm not sure what the results would have been had he been available.

We need just a few more volunteers for our small production team to allow for availability on the day.

Let committee members know of your interest.

Less than 2 Hours on only 1 day per month

Thanks once again to Larry Rincon, George Dobie and the Bowling Club Committee.

P.S. We have a new recruit **Marjorie** joining the team. See you all soon.



Our Own Stories By 'Musical Friends'



As I twisted and turned to look and listen to the band, I was fortunate enough to catch the attention of Jessie Watson and Cec Button sitting at the next table.

Jessie commented on the band and a pleasant conversation followed.

Jessie informed me that she and Cec have been good friends for 35 years and they share an interest in music and dancing.

Jessie has played music since the age of twelve and is experienced in playing piano, piano accordion and electric organ. She has a liking for all styles of music and has taught music in the past...

'I still play at Williamstown each month for a New Vogue dance group.'

I keep saying I will retire but I still keep playing...'

All I can say Jessie is that if music is what keeps you young, happy and active please keep up the good work.

Hands up all those looking for music lessons!



Ma's Country Kitchen



One for the hot weather.... Easy Salad Bowl Dinner

Preparation Time: 15 minutes
Serves : 5-6 people

This delicious, simple main meal salad always satisfies a hungry crowd and is so easy to make, the children will want to join in the preparations. Some of these ingredients could come straight from your own veggie patch.

Ingredients

DRESSING:

Sea Salt & Freshly Ground Pepper
2 tsp Honey
1 to 1 ½ TBL Dijon Mustard
2 TBL Red or White Wine Vinegar
½ cup Extra-virgin Olive oil

SALAD

3 Baby Cos (Romaine) Lettuce, washed, dried and roughly chopped
3 Lebanese Cucumbers, sliced
250gr Cherry or Grape Tomatoes, halved
A Handful of Fresh Parsley, chopped
1 medium Red Onion, slice into rings
225gr Sugar Snap Peas
1 medium Avocado
2 180gr (6 ½ to 7oz) cans Yellowfin or White Albacore Tuna in oil, drained and flaked
6 Fresh Large Eggs, hardboiled

• Method

Make the dressing. Place salt and pepper to taste, honey and mustard in a small bowl. Add vinegar and stir with a fork until completely dissolved. Slowly pour in oil while whisking vigorously to emulsify the dressing. Taste and adjust seasonings if necessary.

- Place washed cos lettuce in a large salad bowl. Add the rest of the vegetables, except the sugar snap peas and avocado.
- Blanch sugar snap peas for one minute in boiling water; then refresh in cold water to stop cooking process and retain green colour. Add to salad.
- Peel avocado, remove pit and cut into large dice-size pieces. Add to salad.
- Add flaked tuna to salad.
- Peel hardboiled eggs. Slice each egg into four pieces and top salad with warm egg quarters
- Add dressing and lightly toss ingredients. Serve immediately..

Additional Information

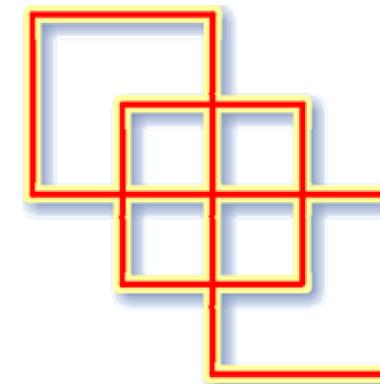
Do not hard-boil the eggs in advance; the warm eggs greatly enhance the salad. If you prefer, the Lebanese cucumber may be peeled before slicing. If you wish to use tuna packed in water rather than oil, add a little extra-virgin olive oil to the flaked tuna to moisten before adding to salad.

Serving Suggestion: This could be a meal in itself. However an alternative could be a thick soup followed by the salad served with warm bread on the side.

You will Enjoy.

Quizzes Competitions & Puzzles

3 Squares Puzzle



Draw this three crossing square pattern with pencil in one continuous line so that you don't take the pencil point off the paper.

You aren't allowed to go over any part of the line twice, or even cross it.

It may be convenient to draw out the pattern and practice directly on it.

Solution on Page 11